

# Amulets & Talismans Making



*From Dreamcatchers  
to Runes  
A Guide to Making  
Talismans*

**Shirley Rosso**

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# Talismans...

They come in different shapes and sizes. They are made wood, clay herbs, and different types of metals.

They have been used by many faiths and religions to bring peace, healing and protection to those who need it.

They have been around for millennia and are still used today. This book will teach you, not only where they come from, but also how to make your



own.

# Introduction

By purchasing this this book, you are embarking on the ancient practice of making talismans. Talismans have been used for protection, cleansing, healing, and so many other purposes. This book will teach you:

- How the tradition began

- The different cultures that use them
- The meaning behind them
- How to make Dreamcatchers
- How make rune stones
- How to make wooden talismans
- How to make Wiccan Talismans
- Introduce you to talismanic lore
- Give you ideas on how to make your own.



# **Chapter 1:**

## **A Little History**

## *What is a Talisman?*

A Talisman can be a stone, crystal, medallion or an elaborately crafted item that is charged in a manner to protect, heal, cleanse or aid the wearer or user. It can be made from anything from paper (for temporary talismans) to metal. Each talisman is made from specific materials according to the purpose that it will be used.

Talismans can be Dream Catchers, river stones, wooden tiles, and yes, if

you use it to protect you, a cross or a saint's medallion. All of these and so many others can be classified as talismans.

## *Where did they come from?*

Talismans have been dated back from before written history. Sumerians, Babylonians, and Egyptians used them prominently for protection and burial rites. Egyptian priest would place small talismans in the wrappings of pharaohs to protect the body while the spirit travelled through the underworld.



The Norse would use them to protect them during their travels, to heal, and to divine the future. They also placed runes on talismans with the belief it would help them see coming obstacles and overcome them.

The Native Americans used and still use Medicine Wheel and Dream Catcher talismans for protection and healing. A Medicine Man's Pouch is a talisman as well. ‘

Druids as well as other Pagans used a variety of minerals, crystals and metals to make amulets, another kind of talisman. They would and still infuse crystals and etch hand crafted talismans to dispel, protect and heal themselves and others. They have also made them to break curses, and to help them overcome obstacles.

## *Charging Talismans*

Many people shy away from this, but it is an integral part of fashioning talismans. To charge a talisman, you need to have the intension of why it is being made in the forefront of your mind. You then concentrate, often chanting something you wrote about which energies you wish to imbue the talisman with. Visualizing, picturing in

your mind, the energies flowing from you to the talisman as you make it, will make the process easier.

## *Materials*

The materials you use are also important when it comes to making talismans. Each crystal has a different meaning and gives off different energies. Each rune has to be chosen and etched in a manner so they can be very effective. Even the wood and

metals chosen can make all the difference.

## *Making them versus buying them*

Though it is true that buying already made talismans will work, they will still need to be charged for the purpose they were purchased. Making your own puts all the choice in your hands as to where you wish to buy your materials, which materials to use, and the charging process can be ongoing throughout the crafting, making it stronger than its store-bought counterpart.

Of course, you can also seek out anyone who makes them that is in a pagan faith. They will be more inclined to make them for specific purposes and tailor them to your needs, but then, you still have to charge it.

Many cultures still use talismans to this day. It isn't hard to make them. You just need a few materials, some knowledge of crafting, and a strong belief system.





# **Chapter 2:**

## **Dream Catchers**



Dream Catchers have been used by many Native American Tribes.

Traditional Dream Catchers, like the one to left are made with a willow hoop. Hoops symbolize strength, and thus many of the talismans made by Native Americans have the hoop incorporated in them. The Dream Catcher is hung above the head of the dreamer. Good dreams pass through the hole in the center and are carried down to the dreamer via the feathers. Nightmares get snared in the webbing and are dispelled upon the rising of the sun.

There are many ways to make a Dream Catcher. Here are the instructions for a basic one:

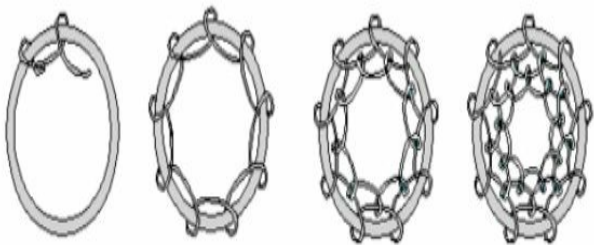
## *Materials needed:*

- One 18” Willow Hoop.
  - If you do not have willow, any bendable wood will do. You can even use copper wire fashioned into a hoop.
- Three Feathers
- 1/8” leather straps
  - Enough to wrap the hoop and the dangles for the feathers.
- Yarn
  - Or cording for the web

- 9 Pony Beads: 3 Yellow, 6 Blue
  - These are the large beads that you would find in bead shops.
- Glue
  - This is to secure the leather to the Dream Catcher

## *How to Make one*

1. Fashion the main material into a hoop.
2. Lightly coat the willow with the glue and wrap the leather around it, making sure the strap edges are touching one another and not overlapping.
3. Let this completely dry, usually overnight, before doing the rest of the steps.
4. Make the webbing as below.



As you get more comfortable with making webbing, experiment with more elaborate patterns.

5. Cut leather straps. Two should be 14 inches and the one that will be in the middle should be 16 inches.
6. Apply a small amount of glue to the feathers that will go on these straps.



7. Tie the feathers to the straps and allow them to dry.

8. Place three beads on each strap:  
Blue, Yellow, Blue

1. You can choose different color beads for the Dream Catcher.

Each color has a meaning in Native American Culture.

1. Black-Clarity, focus,  
success, victory

2. Blue-Intuition, prayer,  
wisdom

3. Green-Nature, harmony,

healing

4. Red-Life, faith, happiness
5. White-Sharing, purity, spirit,  
light
6. Yellow-Knowledge and  
Courage
7. Orange-Kinship, Intellect,  
Determination
8. Purple-Power, mystery,  
magic

9. Tie the longest strap to the bottom  
center and place the other two

about two inches on either side.

10. Fashion a small loop using more leather to the top center of the Dream Catcher. Glue it so it does not move.

Dream Catchers can be different sizes, but they are always round in shape.

You can attach more than one hoop together to make more ornate dream catchers, and you can also add more feathers. If you wish to lend a little more strength to the Dream Catcher,

you can place gemstone beads and wrapped stones in the webbing. Some stones that are often used are listed below:

- 
- Turquoise-Protection
- Clear Quartz-Amplifies the energies of the Dream Catcher
- Azurite-Dreams
- Fluorite-Healing

Experiment with different leather and

cording as well as different materials for the hoop, and different feathers. You can use the pony beads for the webbing. You can even weave feathers into the wrapping of the hoop itself.



# Chapter 3:

## The Medicine Wheel



Usually made on the earth itself, a

Native American Medicine Wheel harnesses the earth's energy and our own to balance ourselves with nature and the spirits around us. All traditional Medicine Wheels are divided into four colors. These colors represent the compass points and the four elements coming into balance.

As you can plainly see, it's most telling feature is the cross in the middle. This is to mark the compass points and divide the circle into its parts.



Making a Medicine wheel that is portable can be made two ways, and in the chapter, we will go into how to make one out of stones. In either case, the Medicine wheel must have the color arrangement as follows:

- White
  - This is North and represents air, animals, wisdom, logic, and receiving energy
- Black
  - This is placed on the left as you

face the wheel

- It represents West, earth, holds energy, and introspection.

- Red

- This is placed on the bottom of the wheel
- It represents South, water, plants, giving energy, emotions.

- Yellow

- This is placed on the right side of the wheel as you face it.
- It represents East, fire,

determined energy,

enlightenment

# *The Stone Wheel*



**Figure 1** [crystal-cure.com](http://crystal-cure.com)

This uses a sage stone in the center,  
four clear quartz, and four gemstones

of corresponding energies. Each stone resonates with different energies and the crystals help to amplify their effects. Below is a short list of stones and correspondences that can help you make a wheel like this of your own:

North

Earth

Heavy Opaque stones, Obsidian,  
Malachite, Jet, Agate (any)

West

Water

Beryl, Aquamarine, Amethyst,  
Coral, Rose Quartz, Blue  
Tourmaline, Opal, Pearl

East

Air

Topaz, Chalcedony, Transparent  
stones. Aventurine

South

Fire

Fire Opal, Jasper, Ruby,  
Bloodstone, Citrine

Center

Spirit

Jade

- Serenity, inner peace, balance

Emerald

- Learning, memory

Amazonite

- Spiritual harmony

Fluorite

- Balance

Between uses, the stones should be stored in either buckskin or other leather pouch.





# Chapter 4

## Egyptian Talismans

With their polytheistic practices, Egyptians had used many talismans in their work. The type used depending on which Gods' favor they wished to have during their ceremonies or general purposes. Here are a few of them:

**The Ankh** is the most recognizable talisman from the Egyptians. It is the symbol of life force and rebirth. Used as a protective symbol, it promotes good health.



## **Materials used (finished piece not shown):**

- 1 12-inch piece of 18-gauge silver wire.
- 1 6-inch piece of 18-gauge silver wire.
- 3 feet of 26-gauge silver wire.
- Blue painter's tape
- 1 8mm Jump Ring

Lightly bend the longer piece of silver wire leaving a loop at the top.

Place a piece of painter's tape just above where the two halves meet.

Lay the shorter wire on top of the two tails, making sure that that equal lengths on either side.

Take the thin wire, and wrap it around the cross bar and the tails in a cross fashion ending the cross at the bottom.

Keeping the wrap tight, wrap the wire under the left piece of the tail.

Bring it through the middle of the two tails and above the right tail.

Wrap the wire over the right tail, and back through the left.

Wrap the left tail going over and threading through the middle once again.

Repeat until you get to the bottom.

10. Tuck the end of the wire so that it does not scratch the skin or catch on clothing.

11. File all the ends of the wires so they do not scratch.

12. If you wish to embellish the crossbar, you can place beads on it,

and then fold the end of the wire to keep the beads in place or wrap more thin wire around both.

## **The Knot of Isis**



Though this Talisman is usually carved out of either Carnelian or red Jasper, you can fashion it out of either poly clay or wire and gemstone beads.

**Materials Needed (finished piece not shown):**

- 2 18-inch pieces of 18 gauge wire.
- 1 18-inch piece of 24 gauge wire
- 1 12-inch piece of 24 gauge wire
- 2 4mm round carnelian Lapis or



## Red Jasper Beads

Using a 2 inch cylinder as a guide, wrap both pieces of the 18 gauge wire around it to make the loops.

Now, thread the end of the loops over and through one another.

Make a loop at one end by using a smaller cylinder. You should have enough of the wire left to overlap.

Set them side-by-side and wrap the longer 24 gauge wire along the bottom loop on the right side making

sure that the wire will end up  
weaving over the top of the piece.

Place your beads on the wire and  
wrap the wire onto the left side and  
tuck in the end.

- Carnelian-resurrection and fertility
- Lapis-Protection
- Red Jasper-Understanding of  
karmic debts

Using round nose pliers, place your  
wire ends and eight from the top to

make the bail. Wrap the longer piece of 24 gauge wire to anchor the loop to the rest of the piece taking care to tuck in wires.



# Chapter 5

## Norse Rune

### Talismans

The most common symbols the in the Norse Mythos is Thor's Hammer and the Eye of Odin, but the Norse often used runes for strength, healing and protection. They would combine runes for more multi-purposes and often

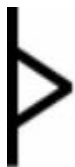
many runes of the same type to bolster their effects. In order to make Norse Rune talismans, you must first learn the runes and their meanings. Below are but a few of the runes.



Fehu-wealth, riches



Uruz- The fortitude of the will.



Thurisaz-Danger or suffering.



Ansuz-Success, Vigor



Raidho-Movement, laboring,

Maturity



Kaunan- Decency pain



Gebo- kindness



Wunjo-Happiness and rapture



Hagalas-Ruin and bedlam



Naudhiz-Longing, Desire that is

not met.



Jera-Reward and reaping



Eihwaz-Fortitude and solidity



Algiz- Defense from enemies,



defense of loved ones



Sowilo-Being successful,

consolation



Tiwaz- Conquest character



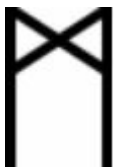
Berkanan- Abundance, growing,

nourishment



Ehwaz- Reliance, belief,

companionship



Mannaz- Amplification,

backing



Laguz-without form, the unknown,

potential

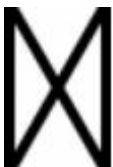


Ingwaz-The start of something,

the discovery of potential



Othalan-Inheritance, heritage,  
tradition, Nobleness



Dagaz-Hope and happiness





# Chapter 6

## Combining Runes

The arrangement of the runes means everything when making a runic talisman. If they are not placed correctly or the wrong ones are chosen, the talisman will either not work correctly or have the opposite effect.

## Single Rune Talismans

You can use 2 inch round or square pieces of wood, small river stones, or clay medallions. The runes can be painted onto the medium that you are working with so they will not fade.

More elaborate talismans have the rune stamped into metal or carved into wood or stone. You can further embellish the rune by painting it so it shows up or antiquing the metal, making it look aged.

Let's start out by making a simple combination:

Fehu+Ansuz=To receive abundance.

Now that we have our runes picked out, let's make the taliman.

## **Wooden Talisman for Abundance**

**Now you need:**

- 2-inch piece of 1/4 inch thick wood.
  - Round in shape



- Oak, Birch, or Cherry
- You can use Balsa, but it is not as sturdy.

- One small wood carving tool
- Medium grit sand paper
- Fine grit sand paper
- Wide brush
- Thin brush 1/8 inch
- Paint of your choosing
- Large brush
- Small piece of cloth

- Stain
- Sealant
- Drill but with a 1/8 drill bit
- 8 mm jump ring 18 gauge
- Round file
- Pencil

Take the drill and place a hole in the top of the circle. This is where the jump ring will go through. File the hole until it is smooth

Take your pencil and draw Fehu First

and the Ansuz on top. See how they mesh together? This is your guide for carving.

With your small carving tool, carve out the symbol you have just made.

Go over it with the medium grit to take any rough edges out.

Go over it with the fine grit to finish smoothing it.

Use the paint you chose to paint in the symbol. If you wish to leave it natural, you may do so.

Stain the piece and let it dry.

Then seal it with either acrylic or polyurethane.

Place the jump ring through the hole and it is ready to be worn. If you wish, you can skip drilling the hole and place it in your pocket.

If you wish to make a metal one, let's choose two different runes.

Wunjo+Kenaz (<)=Help with creativity

**What you will need:**

- 1 2-inch round piece of 18 gauge metal
- Chisels
  - 1 1/8 inch
  - 1 1/2 inch
- Rubber mallet
- Punch for the hole
- File
- Polishing cloth
- Marking pen.

1. Take the metal and draw the runes in the order they have been written.
2. Take your chisels and mallet and use them to stamp the runes onto the metal. Overlap the runes.
3. Use the punch to make a hole at the top and a round file to smooth out the hole.
4. Use the polishing cloth to clean the piece.

If you wish to antique the metal, you can use liver of sulfur or place the

metal in a container with ammonia, but only for a short time. Do not directly touch the metal to the ammonia.

If you want to carve stones, smooth river stones are the best to carve; however, you cannot drill holes in them without difficulty. Stone talismans are made to go in pockets or to be wire wrapped as pendants.

Charging runes can be as simple as holding them in your hand and placing

the energy you envision into them or placing them next to a candle with the same intentions. You can also place your runes in a pouch with corresponding minerals, plants and gemstones to charge them as well.





# Chapter 7

## Wiccan Talismans

The Wiccan tradition has always strived for balance between their spirit and the material world around them.

Their talismans mainly focus on bringing things to you, energy projectors, or they can transmit energies.

Their talismans are often a combination of metals and natural items and are charged with the intent upon the making of them. For Wiccans, as other Pagan faiths, each herb and gemstone serves a different purpose and can be combined to make talismans and amulets.

Talismans in the Wiccan faith can be worn, carried or placed on wands, besoms, and staves. When placed on wands and staves, they are made to

amplify the effect of the energies being worked.

Talismans are mostly man-made, meaning that much of the materials used to make it are purchased and assembled into the talisman, but you can find crystals and natural gemstones to make them. Using natural stones will make the talisman stronger.

The most common stones used in Wiccan talismans are the following:

- Clear Quartz: Amplifies energies
- Amethyst: Psychic energy
- Azurite: Divination
- Beryl: Healing
- Hematite: Protection
- Jade: Serenity
- Moonstone: Protection, self-awareness
- Pearl: Peace
- Smokey Quartz: Healing absorbs energy
- Turquoise: Protection and psychic

opening

You can also use feathers, and leather to make a talisman for Wiccan works.

Talismans can also be made to be held in the hand during energy works.

## ***Healing Talisman***

This is a talisman that is used by passing it over the body to pull out sickness and promote healing.

### **Materials Needed:**

- 1 Large quartz crystal (Has to be in shaft shape)
- 1 Medium smoky quartz crystal
- 1 Medium Beryl

- 2 Feet of 20 gauge silver wire
1. First cleanse the crystals by washing them in salt water. This will clean residual energy off of them.
  2. Take the wire, and wrap it around the clear quartz, making sure there are equal lengths on both sides.
  3. Wrap the smoky quartz on the left side. This is normally the side that absorbs energies.
  4. Wrap the beryl on the right. The right normally projects.



Make sure the wrappings are very tight and that they secure the crystals. If you wish, you can use jeweler's glue to further secure the stones to each other.

This talisman is to be held in the right hand as it is passed over the body.

While passing the stones over the body, you must focus on finding the sickness and drawing it out. The clear quartz will boost the absorbing power of the smoky quartz while amplifying

the healing properties of the beryl.

Quartz is also known to find the illness present in a body rapidly. You know the talisman is working when the smoky quartz darkens. It can be cleansed with salt water and left in the light of the full moon for a full night.

# ***Protection Talisman***

This is a talisman that can be worn around the neck. The talisman projects a protective aura, keeping out negativity and evil intentions.

## **Materials Needed**

- 1 18-inch length of chain
- 1 Baled piece of turquoise
- Four 2-inch long headpins
- 12 4mm silver round spacers

- 8 6mm round Turquoise stone Beads

- 8-6mm round Pearl Beads

- Two 6mm jump rings

- 6mm lobster claw clasp

1. Place the bale onto the chain.

2. Place the beads on each of the headpins as follows

1. Turquoise, Silver, Pearl, Silver

3. Close the headpins by taking flat nose pliers as close to the last bead as possible and cutting from 1/8

inch from the outside edge of the pliers. Take round nose pliers and place the wire 1/8 down on the pliers with the end of the wire flush. Now loop the wire around the pliers. Now, place the wires so that the tip is under where the loop bends. Bend slightly in the other direction.

4. Turn the loop out and hook the head pins one and two inches from the center of the chain. To close them turn the loop sideways again until it

meets itself.

5. You can charge the talisman by meditation over it and projecting protective energies into it. The gemstones will hold the charge.

Once charged, it will project peace and protection.

## ***Bracelet Talisman***

### **Materials needed:**

- 1-12 inch piece of leather
- One 10 mm Jade Tube
- Two 8mm Pearls
- One 8mm Wooden bead
- One Fine line Sharpie

1. Take the sharpie and mark places on the leather cord where the beads should stop. Center the Jade and

mark from the ends out.

2. Now, on the mark furthest right, place a simple knot.
3. Slide a pearl onto the leather, and tie knot on the other side.
4. Now slide the jade and tie another knot.
5. Slide the final pearl and tie another knot.
6. Now measure to make sure you have plenty of leather left over to tie on the wooden bead.



7. Slide the wooden bead onto it so that there is enough leather to tie a loop securing the wooden bead onto the leather cord. A double knot should do it.
8. Tie a lasso on the other end to make a closure.

You can charge this talisman by concentrating on peaceful places and thoughts. You wish, you can substitute clear quartz for the pearls and project and air of peace around you wherever

you go.





# Chapter 8

## Other Talismanic

## Symbols

To get the most out of your talismans, you can also practice carving and stamping symbols on wood and metal.

Seals, or magical symbols, can lend an extra punch of energy that is needed for talismans to be stronger. I highly

recommend you be taught how to use these powerful seals before you begin to inscribe them into talismans.

The most famous of all seals is *The Seal of Solomon*. It is said that God favored Solomon and his wisdom that He gave the king the power to bring demons under his control. It is from this that we first heard of the power of these symbols and some of their uses.

Most, if not all, talismans are derived

from a book of seals that Solomon himself made and are drawn from the mystical forces of the Kabbala. These are very powerful tools, and can be very dangerous if wielded by someone who does not have the proper knowledge and training.

It takes years of training a discipline to master the Kabbalah and to be able to make and use Seals of Solomon effectively. There are books on the seals as well as the Kabbala, if you

wish to delve deeper. I, myself, am merely giving a brief explanation because I am not properly versed. This is why there are no pictures.

You can find pictures of seals everywhere, but to understand them, you must find a teacher who is willing to show you.

Celtic Talismans are often made by shaping metal, and forming knots. Each knot is representative of the



energies that make up the talisman.

Each piece of metal that is made into a holy symbol for the Celtic tradition is steeped in mystery and finding how they are done can be difficult unless you know where to look.

Often times, Celtic Druids and Witches made symbols representing the Gods Goddesses they wished to evoke into the talismans to aid them in their magical workings. Celtic Druidism and Witchcraft are steeped in the time-

honored tradition of initiations and keeping secrets within the covens, preventing outsiders from learning the craft. If you are serious about learning, there may be covens in your area, but you must be willing to undergo many trials to prove that you are serious about learning and that you will not divulge their secrets.



# Conclusion

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Everyone has the energies within them to make talismans and other protective symbols. It is often their religion that tells them to shun the practice. You must be open-minded in your search to learn, and ready to take on many years of instruction.

If you wish to start with the basics that are in this book, I will teach you how

to properly cleanse anything you are going to use to make your talismans:

- Cleanse the water.

- Using filtered water is best.

Lay out in the full moon for one night. This will cleanse the water.

- Add Sea Salt

- Any sea salt will do, as long as it is sea salt.

- This represents the earth in the

cleansing process and it must be pure and not processed.

- Light a candle and set it outside with the tools and materials.
  - You are now using the elements of winds and fire.
  - Yes, the candle may go out, but the symbolism is there.
- Place the tools, meaning any stones you are using, in the water.
  - This should be done on a full moon.

- The full moon has cleansing energies and will purify the stones.

The next step is to make the talisman.

Once you've made one, you need to charge it. Charging it is simply a matter of directing energies into it:

- Your intentions must be clear.
  - When you start out to charge the stones, you must concentrate on nothing but what you want them to do. This is called placing

intentions.

- You have to fully clear your mind of everything but what your intentions are to be.
- Do you want to heal yourself or someone?
- Do you wish to protect yourself or someone?
- Do you feel you need to cleanse an area of negative energy?
- Do you wish to have an answer come to you in a dream?



- You must have the question you wish answered in your mind as you charge the talisman.

There are many reasons why you may need a talisman, and there are a myriad of materials you can use to make them.

You can use what is suggested here, or you can make your own, now that you have an idea of how. What's in this book is a guideline. Herbs, silver, gold, titanium and all kinds of wood can be used as talismanic items and

they all have meaning and symbolize different things. Do be limited. Read outside this book. Try different things, and see what you can come up with.